



NOW OFFERING TRX SUSPENSION TRAINING ONE on ONE SESSIONS

WHAT IS SUSPENSION TRAINING AND WHY SHOULD YOU CONSIDER IT?

**FREE DEMOS IN
OCTOBER!**

Tuesdays 6:30-7:00p
Wednesdays 5:00-5:30p

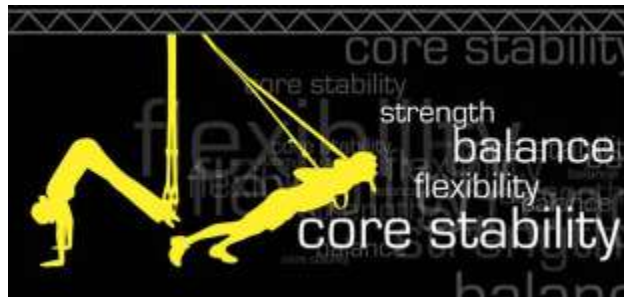
**30 MIN. PERSONAL
TRX SESSION
PACKAGES FOR
MEMBERS**

**FOR MORE INFO
CONTACT:**

**MOLLY KONDRITZ
ACE/TRX CERTIFIED
PERSONAL TRAINER
217.855.2651**

**TRY IT OUT FOR
FREE!**

- ✓ A suspension trainer is **ONE PIECE OF EQUIPMENT**...a strap constructed of industrial strength soft nylon webbing equipped with handles and foot cradles, all attached to a sturdy, overhead anchor point. No, it's not elastic bands!
- ✓ It uses your own **BODYWEIGHT** along with **GRAVITY** to deliver a challenging workout for all fitness levels, from beginners to athletes. The strap allows you to increase or decrease the difficulty based on your body's position.
- ✓ It's both an **EFFECTIVE** and **EFFICIENT** total body workout with hundreds of exercise options. You will develop strength, balance, flexibility and joint stability at the same time. Spend less time in the gym!
- ✓ Suspension training works your body in all 3 planes of movement, making it a **FUNCTIONAL** full body workout.
- ✓ Your **CORE** muscles are activated during all exercises. No more endless crunches!
- ✓ Suspension training is **FUN!**



Are you board with your gym routine? Are you a fitness fanatic looking to try out an innovative bodyweight workout? Or a beginner just working towards a stronger you? If that's you, **let's customize a challenging workout for YOUR fitness level!**